



## Roasted Tomato Soup

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 leaves torn basil optional fresh
- ☐ 8 cloves garlic peeled
- ☐ 0.5 cup half-and-half
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 4 pounds plum tomatoes cut in half lengthwise
- ☐ 20 servings salt and pepper

- ☐ 1 tablespoon sugar
- ☐ 4 sprigs thyme leaves

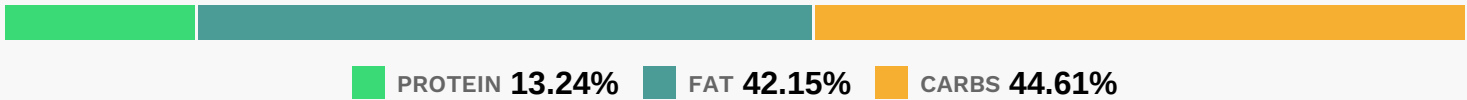
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ sieve
- ☐ blender

## Directions

- ☐ Preheat oven to 350F. Arrange tomatoes in a single layer, cut side up, on a large baking sheet. Scatter onions, garlic and thyme around tomatoes.
- ☐ Sprinkle with sugar, season with salt and pepper and drizzle with oil. Roast until vegetables are soft and slightly caramelized, 1 1/4 to 1 1/2 hours. Discard thyme sprigs.
- ☐ Warm broth in a large pan over medium heat.
- ☐ Add tomato mixture, scraping up browned bits from sheet. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 20 minutes.
- ☐ Remove soup from heat; let cool slightly. Working in batches, puree soup in a blender. Strain soup through a sieve into clean pan, pressing on solids to extract liquid. Discard all solids.
- ☐ Stir in half-and-half and reheat soup to a simmer, stirring often (do not boil). Season with salt and pepper, ladle into bowls and sprinkle with basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:4.4756521453028%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 48.66kcal (2.43%), Fat: 2.47g (3.8%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.62g (1.68%), Sugar: 3.6g (4%), Cholesterol: 2.12mg (0.71%), Sodium: 211.42mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin C: 13.74mg (16.65%), Vitamin A: 788.18IU (15.76%), Vitamin K: 8.24µg (7.85%), Potassium: 265.48mg (7.59%), Manganese: 0.14mg (6.87%), Vitamin B6: 0.1mg (5.16%), Fiber: 1.27g (5.08%), Vitamin B3: 0.97mg (4.85%), Vitamin E: 0.71mg (4.73%), Phosphorus: 40.61mg (4.06%), Copper: 0.08mg (3.85%), Folate: 15.36µg (3.84%), Magnesium: 12.27mg (3.07%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.04mg (2.48%), Iron: 0.39mg (2.18%), Calcium: 21.62mg (2.16%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.12mg (1.15%)